



IN GOOD HEALTH

Division of Health Promotion and Education

Winter 1998 - 1999

Local Health Administrators Kick Off Core Functions Training

What's all this buzz about the core functions of public health? Local public health administrators and several North Dakota Department of Health staff members learned more about core functions July 29 and 30, 1998, in a train-the-trainer workshop held at the state health department in Bismarck, N.D.

Trainers Dorothy Gist and Jan Dahl led workshop participants through a discussion of core functions and shared many experiences gained while educating their fellow public health workers in the state of Washington. Simply put, the core functions of public health are assessment, assurance and policy development.

Although some participants were unsure about the role of core functions prior to the workshop, many said they were pleasantly surprised to find out they already were performing many such activities. The next step in this process will be to provide similar education to more members of North Dakota's public health community.

A core functions overview will be presented at the Dakota Conference on Rural and Public Health in March 1999 by Mary Kay Herrmann, administrator of Fargo Cass Public Health, and Sandra Adams, director of the Division of Health Promotion and Education, North Dakota Department of Health. Additional training sessions are planned for the 1999 regional nurses' meetings; these sessions will be available to local public health employees and others who have an interest in the topic.

More information will be provided at a later date.

"5 Plus 5" Communities Announced

Six North Dakota coalitions have been approved by the North Dakota Healthy Heart Council to establish themselves as "5 Plus 5" communities. The 5 Plus 5 program, coordinated by the North Dakota Healthy Heart Council, encourages people to eat fruits and vegetables five times a day and to be physically active five days a week. Selected to receive North Dakota's inaugural 5 Plus 5 Community status are wellness coalitions representing McKenzie County; Williston; Cass and Clay counties; Cavalier County; Fort Berthold Reservation and Emmons, Kidder, Logan and McIntosh counties.

The coalitions successfully completed an application process which included establishing partnerships with local physical activity and nutrition professionals, attending 5 Plus 5 training workshops, and establishing a promotion, outreach and evaluation plan.

The Healthy Heart Council is a partnership comprised of government agencies, nonprofit organizations, nutrition and physical activity professional associations and the private sector. The council was formed to support heart healthy lifestyles for North Dakotans by promoting healthy food choices and physical activities.

For information on the 5 Plus 5 program, contact the North Dakota Department of Health at 701-328-2367.

***Take the 5 Plus 5
Challenge!***

5

+

5

=

**5 servings of fruits
and vegetables a day**

**Moderate physical
activity on at least
5 days of the week**



Better Health!

Fort Yates Women's Health Screening Day

Women's Way, Custer District Health Unit, Standing Rock Indian Health Services (IHS) and Standing Rock Tribal Health co-sponsored Women's Health Screening Day Events in Fort Yates on April 20 and Oct. 5 and 6, 1998. These community events offered breast and cervical screening services to Standing Rock Sioux Tribe women. Other partners at the events included Standing Rock Community Health representatives, who provided one-on-one contact with local women, assisted them in making appointments and provided transportation on the day of the event; and nursing students

from the University of Mary and MedCenter One College of Nursing, who helped with registration, room transfers and breast self-examination instruction.

During the event, scheduled appointments were the top priority, but drop-ins were welcome. The women registered upon arrival and if eligible, were enrolled in *Women's Way*, the North Dakota Breast and Cervical Cancer Early Detection Program. Each woman received one-on-one breast self-exam instruction with the

opportunity to practice detecting lumps on silicone breast models. During the health screening, women received Pap smears, clinical breast exams and mammograms. Because Standing Rock Indian Health Service does not have on-site mammography, the Jacobson Memorial Hospital mobile mammogra-

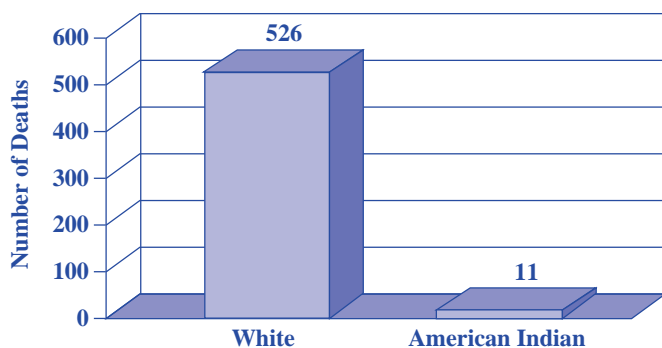
phy unit from Elgin, N.D., provided this service. Tribal Health furnished a variety of door prizes and snacks and gave the participants gifts of carnations, t-shirts and tote bags.

At the April event, 57 women were screened. Local response to the event was overwhelming in part because of the women who shared their experiences with others in the community and encouraged them to attend. The event was expanded to one and one-half days in October, when 73 additional women were screened. Based on the successful 1998 events, planning is underway to continue the events semi-annually and to expand them to three full days.

The Women's Health Day screening events were successful due to the cooperation and partnership of all participating agencies. Local community involvement helps to create interest in and desire for future screening events. Participating women themselves were the event's biggest promoters.



1993-1997 Breast Cancer Deaths Among White and American Indian Women



Source: North Dakota Department of Health, Division of Vital Records

Schools Adopt Stronger Tobacco Policies

In the 1998 North Dakota School Health Education Profile survey, principals across the state were asked about their schools' policies about tobacco use. Here's what they said:

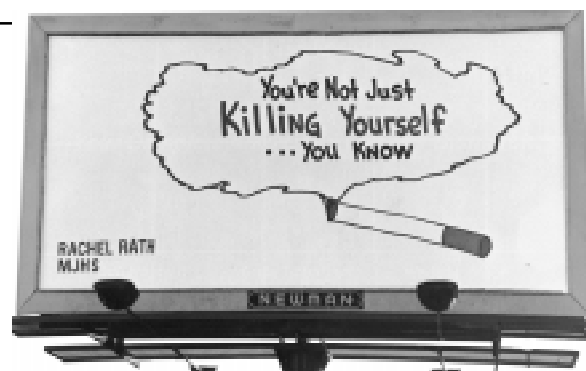
Nearly 60 percent of North Dakota schools prohibit tobacco use by everyone on school grounds and in buildings at all times. In addition, tobacco is banned from school vehicles and all school events.

The following helped principals make their tobacco policies stronger:

- The Pro-Children Act of 1994, a federal law that requires a smoke-free environment in schools
- Attendance at the Roughrider Health Promotion Conference
- Tobacco ordinances and tobacco-control coalitions in the communities

Seventy-two percent of principals reported that stronger tobacco policies created healthier school environments for staff, students and visitors.

Thank you, educators and tobacco-control advocates, for helping to make more North Dakota schools tobacco-free.

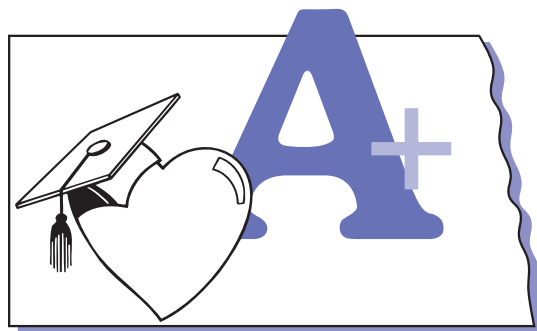


Posters like these will be displayed on billboards across N.D.

North Dakota Schools Provide Comprehensive Coverage of Knowledge and Skill-Building

The 1998 School Health Education Profile (SHEP) results were recently released by the North Dakota Department of Health and North Dakota Department of Public Instruction. Of the 189 lead health teachers who responded, 100

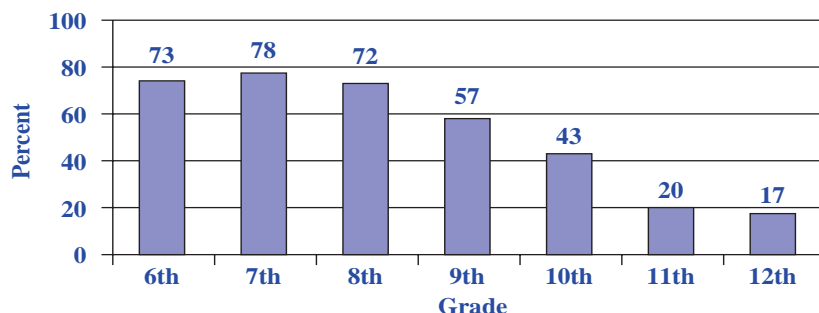
percent reported an increase in student knowledge related to the prevention of alcohol and other drug use. More than 90 percent of teachers also reported teaching their students about tobacco-use prevention, dietary behaviors



and nutrition, physical activity and fitness, disease prevention and control, emotional and mental health, personal health and HIV prevention. Additionally, more than 90 percent of teachers surveyed also reported trying to improve student skills in the following areas: decision making, refusal skills, communication and goal setting. Unfortunately, the number of students who receive this education drops significantly from grades seven to 12. As you may note from the graph, while over 70 percent of seventh and eighth grade students are required to take health education courses, less than 20 percent of high school seniors are.

For more information about the SHEP, call 701-328-3138.

Percentage of Students Required to Take a Health Education Course



Source: 1998 School Health Education Profile

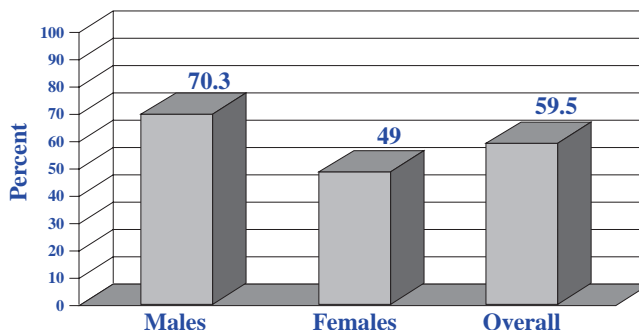


**Remember:
February 8-14
is**

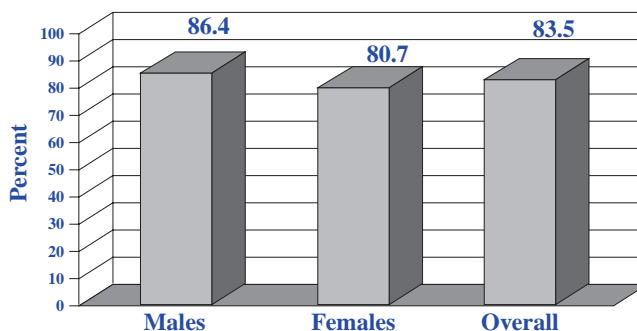
**National Child
Passenger
Safety Week.**

**Be a role model ...
Buckle Up!**

Percentage of North Dakotans Who Do NOT Always Wear Seat Belts
1997 Behavioral Risk Factor Surveillance System



Percentage of North Dakota Students Grades 9-12 Who Do NOT Always Wear Seat Belts
1997 Youth Risk Behavior Survey



In Good Health is published quarterly by the Division of Health Promotion and Education, North Dakota Department of Health.

Health Department website
www.health.state.nd.us

We welcome your comments and suggestions for
In Good Health.



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Mission of the Division of Health Promotion and Education

Enable communities to promote healthy behaviors that prevent and control chronic disease and thus reduce health care costs and improve the quality of life.

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Mary Ann Foss, Nurse Educator

Cancer Registry:

Marlys Knell, Coordinator
Donna O'Shaughnessy,
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Lynette Pitzer, Librarian
Linda Zahn, Assistant
701.328.2368

Data Processing:

Corey Bergrud, Coordinator

NEW STAFF

Marlys Knell

On July 1, 1998, Marlys became the coordinator of the North Dakota Cancer Registry (NDCR) after working 14 years with the Central North Dakota Cancer Registry in Bismarck.

She coordinates the collection of data regarding cancer diagnosis and treatment in North Dakota. This information will be used to generate various reports.



Vanessa Dahl

In 1998, Vanessa became the coordinator of School and Community Health Programs. Previously, she was employed as a licensed addiction counselor.

Vanessa's primary responsibilities are co-chairing the Roughrider Health Promotion Conference and conducting surveillance through the Youth Risk Behavior Survey (YRBS) and the School Health Education Profile (SHEP). She works closely with the Department of Public Instruction to provide technical assistance to schools on comprehensive health education.



Donna O'Shaughnessy

Donna started at the North Dakota Cancer Registry (NDCR) as the quality control specialist on Nov. 2, 1998. Previously, she was the cancer registrar at Mercy Medical Center, Williston, N.D.

Donna reviews the accuracy and completeness of all the data that comes to the registry via hospital cancer registry transmission. These procedures are performed by visual review of the data on the computer and also by edit reports and case summary reviews.



COMING EVENTS

March 16-18

June 1-4

1999 Annual Dakota Conference on Rural and Public Health

Roughrider XIII Health Promotion Conference

In Good Health Resources

These resources are available on loan from the Division of Health Promotion and Education. Requests should be faxed to 701.328.1412 or sent in writing to Division of Health Promotion and Education North Dakota Department of Health 600 E. Boulevard Ave., Dept. 301 Bismarck, N.D. 58505-0200

Putting the Pyramid Into Practice:

Includes 40 colorful slides and script that bring the Food Guide Pyramid to life for ages high school through adults. Three lesson plans teach the importance of recognizing serving sizes, planning menus and rating your diet using the pyramid as a guide. Lesson plans include reproducible masters.

March Madness Nutrition: A four-week healthy eating incentive program with a basketball theme. This kit with step-by-step instructions combines the love of sport and food into an exciting, motivating program for better nutrition. It includes an implementation checklist, reproducible handouts, and ideas for incentives, games and recipes.

Fit For a King: The Smart Kid's Guide to Food and Fun: Developed to help students ages eight to 11 and their parents understand the role of nutrition and regular physical activity in a healthy lifestyle. The kit includes a nine-minute video, nine reproducible activity sheets and a Food Guide Pyramid poster.

5 A Day Live: A musical performance where students deliver the 5 A Day message in a fun and entertaining way. The 5 A Day Live Performance kit contains scripts, directions for making costumes, set arrangements, lyrics and an audio tape of the music. The play can be performed in the classroom or in the auditorium with many classes participating. The entire performance lasts 35 to 40 minutes.

Physical Activity Programs for the Community: A resource guide that provides samples, tips and strategies for health professionals working in the physical activity field. Will help to design, promote, conduct and evaluate physical activity programs. Also discusses the rationale and justification for making physical activity programs a priority for all involved in public health.

Get Going! Low Cost Physical Activity

Programs: A manual full of program ideas for community agencies interested in physical activity. Program areas include establishing walking clubs and home-based exercise programs, creating the right environment and promoting partnerships. Also covers the economic benefits of physical activity.

Promoting Health in Grocery Stores: A manual describing how community coalitions can work effectively with local grocery stores to help consumers make healthier choices when shopping for food.

Reviewing the Health of Clark County, 1998 Update: Provides an objective and comprehensive look at the health successes and problems of Clark County, Washinton residents. The reader will find basic information about the major diseases and health conditions affecting county residents. Many of the health conditions lend themselves to defining measurable target objectives which in turn can help move policy makers to set priorities and direct resources for action.

Work Group Evaluation Handbook: Evaluating and Supporting Community Initiatives for Health and Development: For community leaders, evaluators and grantmakers. This guidebook will help in the understanding of community initiatives and basic evaluation methods.

Food Pyramid Bingo: An energetic, exciting way to learn the basics of good nutrition. Teaches players about food groups and serving sizes.

Fit For Fun! Making Health a Family Matter: Helps kids and adults understand the importance of physical activity. This 15-minute motivational videotape teaches that when it comes to physical activity, something is better than nothing.

Getting a Head Start with 5 A Day Fun

Kit: Includes fruit and vegetable activities, materials and resources designed to encourage young children and their families to eat more fruits and vegetables. Includes camera-ready handouts and a training video for teachers, staff and parents.

Healthy Choices for Eating Out:

Booklet describing how to choose meals carefully when eating out.

Walking Toward Good Health: A manual designed to help communities, worksites, churches and schools develop walking trails and walking programs. This manual covers planning of a trail from conception to completion and provides resources for each stage of development.

Evaluating Community Efforts to Prevent Cardiovascular Diseases: A handbook offering some practical tools to help us understand and improve community partnerships for promoting nutrition, physical activity, tobacco control and other heart health issues.

Focus Group Kit - Set of Six Publications: Provides all you'll need to know to run a successful focus group, including initial planning, asking questions, moderating and the final analyzing and reporting of your research.

Enough Stuff: Useful for all ages, this video uses interviews and testimonials from successful quitters to teach the five key steps in quitting smoking.

Making Your Workplace Smokefree -- A Decision Maker's Guide: Presents years of research and first-hand experience; offers practical and proven strategies for implementing successful policies in a variety of work settings. Provides information about how to design, implement and evaluate environmental tobacco smoke policies and related activities. It also provides significant smoking cessation support for employees.

In Good Health

Resources continued

Intervening with Teen Tobacco Users Grades Seven Through 12: Provides effective prevention and intervention strategies to educators working with students who use tobacco. Enables facilitator to motivate adolescent tobacco users to voluntarily join a tobacco cessation program and to make healthy decisions about their lives. An alternative to school tobacco violations that result in suspension. Great for student assistance programs.

Reducing Tobacco Use Among Youth: Community-Based Approaches: Using this practitioner's guide, you can become familiar with community-based prevention strategies and approaches, strengthen effectiveness of prevention programs, learn from evidence-based review and analysis of prevention research, and practice evidence categorized in six prevention approaches.

Chronic Care in America: A 21st Century Challenge: In this report, chronic care refers to a new and broader idea: a spectrum of integrated services -- medical, personal, social, and rehabilitative care in hospitals, nursing homes, other facilities, and in the home -- that assist people with chronic health conditions to live fuller lives.

Cancers of the Prostate and Testis: The West Virginia Cancer Registry sponsored this two-hour program for cancer registrars. The program deals with the anatomy and staging of prostate and testis cancers.

Best Practices Sun Safety Learning Guide: Includes step-by-step instructions for conducting a sun safety presentation. The kit contains lesson plans, camera-ready reproducibles for handouts and overheads, slides and evaluation tools.

Osteoporosis Tool Kit: Contains guidelines, lessons learned, reproducible materials and a directory connecting you to a variety of educational resources. It is ideal for health professionals who want to put on conferences, workshops and/or training on osteoporosis.

Dry Anticipations: A self-care course originally written to reduce the prevalence of urinary incontinence and improve the quality of life among older women. Includes instructor manual and 11-minute videotape.

Ready...Set...Winter: This video discusses safe winter driving, survival kits, dealing with slippery roads and getting stuck.

Safe Active Play: Video covers the safety aspects of playground equipment and environments for children. Discusses both indoor and outdoor playground equipment and activity areas.

Get Connected!

<http://www.nih.gov/health/>

The National Institutes of Health (NIH) Health Information Page provides access to NIH consumer health information resources, including publications, clearinghouses and databases.

<http://www.healthfinder.gov>

This gateway site helps consumers find health and human services information quickly. Includes links to 1,250 websites including federal, state, local, non-profit, university and other consumer health resources.

<http://www.ificinfo.health.org>

The International Food Information Council's site contains information and educational programs on food safety, nutrition and health.

www.eatsmart.org

This interactive website of the Washington State Dairy Council provides health professionals, educators, media and the public with information necessary to make wise food choices.

www.Familyfoodzone.com

The Dairy Council of the Upper Midwest developed this website as an interactive resource for moms and caregivers of kids ages 3 through 11.

Health Observances

January

National Glaucoma Awareness Month
National Volunteer Blood Donor Month
School Nurse Day - Jan. 27

February

American Heart Month
National Cardiac Rehabilitation Week - Feb. 7-13
Random Acts of Kindness Week - Feb. 7-13
National Child Passenger Safety Awareness Week - Feb. 8-14

March

National Nutrition Month
National School Breakfast Week - March 1-5
National Collegiate Health and Wellness Week - March 7-13

April

National Alcohol Awareness Month
National Cancer Control Month
National Child Abuse Prevention Month
National STD's/Family Planning Awareness Month
National Public Health Week - April 5-11
World Health Day - April 7
National Cancer Registrar's Week - April 11-17
National Infant Immunization Week - April 18-24
Earth Day - April 22